

# First Responders Wellbeing Summit 2022

*Living Well: Connection, Hope & Community*

Monday 28 February		
12.00 - 1.00 pm (Presentation)	R U OK? How to Ask if Others Are OK	<i>Garry Sims APM (Chief Inspector, Blue Mountains Police Area Command)</i>
Tuesday 1 March		
12.00 - 1.00 pm (Panel)	Holding Meaningful Coaching Conversations with Staff in Crisis	<i>Commissioner Andrew Crisp (Commissioner, Emergency Management Victoria) &amp; Trina Schmidt (Executive Director, People &amp; Strategy, NSW RFS)</i>
Wednesday 2 March		
12.00 - 1.00 pm (Pres. & activities)	Reconnecting with Yourself & Others in Times of Persistent Pressure	<i>Katie Tunks Leach (Chaplain, Staff Health, Chaplain Team Leader Southern Sector, NSW Ambulance)</i>
Monday 7 March		
9.00 - 10.00 am (Panel)	The Responsibility of Management in Organisations Facing Repeat Trauma	<i>Commissioner Shane Fitzsimmons (Resilience NSW), Commissioner Carlene York (NSW SES) &amp; Paul Lloyd (NSW Regional Emergency Management Officer)</i>
12.00 - 1.00 pm (Presentation)	Resources to Assess and Find Motivation and Resilience	<i>Marie Ball (HR First Responder)</i>
Tuesday 8 March		
9.00 - 10.00 am (Pres. & activities)	Proactively Managing your Workplace Values and Ethics	<i>Mark Layson (Chaplain, NSW Ambulance)</i>
12.00 - 1.00 pm (Panel)	Career Moves after Crisis - Transitioning Within or Across Agencies and Industries	<i>Desleigh White (Managing Consultant, peoplematter) &amp; Inspector Allyson Fenwick (Deployment &amp; Transition, NSW Police)</i>
POST-SUMMIT WORKSHOPS		
Wed 11 <sup>th</sup> May 9.00 - 11.00 am	Proactively Dealing with Stigma & Fear of Reprisal	<i>Facilitator: Kerry Howard (Principal Psychologist, PsychNexus)</i>
Wed 1 <sup>st</sup> June 9.00 - 11.00 am	Connecting your Ethics & Values to benefit your Wellbeing	<i>Facilitator: Mark Croweller (Director, Ethical Intelligence)</i>
Wed 22 <sup>nd</sup> June 9.00 - 11.00 am	PTSD - Turning Trauma into Thriving	<i>Facilitator: Graeme Bint</i>